And we’re off! The school year is in full swing and the Upward Bound Central Staff is ready to dive into this year’s Saturday Sessions at Northwest!

In mid-September, Kori and I traveled to each school district for recruitment. We showed a recruitment video made by a current UB student and were greeted by many interested and excited students! If you know of a student who you think would be an excellent candidate for Upward Bound, please let them know about the opportunities and suggest to them to apply. UB Applications can be found on the website and are due in the office by November 4th. The Central Staff looks forward to seeing a lot of applications from your school district!

This month we have some great events planned for you and your student(s). One of which is UB Parent Day on Saturday, October 29th! During this day we will have plenty of snacks for those who can make it, but most importantly you will have the opportunity to experience UB as your student does. We encourage you to attend a Saturday session whenever you can, but especially want to extend the invitation for October 29th.

As the academic year proceeds, Upward Bound will have more events for you and your student to attend. If there is something you would like to hear more information about, please let me know. We are always looking for new ideas!

When you begin working with your student and planning for their future after high school there will be a lot of questions that will come up. Please let us know those questions. We are here to help the UB students in their college prep and we are also here to help their families become an amazing support system, full of knowledge. We also just enjoy hearing from our UB parents and guardians!

If your student needs to know information about a specific college they are interested in attending, I may have the latest publications from that college to give to you and your student. Other great resources I am eager to share with you are resources for financial aid and financial planning. Again, if there is anything you would like further information on, just let me know and I will get it to you.

This is going to be a great year and the Upward Bound Central Staff and myself look forward to being a support team you can count on! In all things, be Upward Bound!

Best Regards,
Jackie
Your Role in the Financial Aid Process

The transition from high school to college is not an easy one for most young people. Research has indicated that parental support has a critical role in successful college planning and a large part of college planning includes the financial aid process.

Although it is ultimately the responsibility of the student to apply for aid, there are things parents and guardians can do to make the process easier on their student.

For starters, parents and guardians can help complete the FAFSA and fill out their taxes early. FAFSA financial information is derived from the previous year’s income tax return, and students are encouraged to complete the FAFSA as early as possible.

Keep an eye out for our Financial Aid night where Northwest Financial Assistance employees help families with this process.

It’s never too early to begin talking about your student’s post-secondary plans. Parents and guardians can sit down with their student and discuss the colleges they are interested in attending and look at the cost of each. Keep in mind that tuition is not the only cost to look at. When narrowing down possible colleges students should keep in mind the cost of room and board, books and school supplies, fees, equipment and room materials, as well as travel and miscellaneous expenses.

While talking about expenses, also discuss the financial resources that will be used for paying for college. Financial resources can come from scholarships, prepaid or college savings plans, personal savings, and money from work (summer, part-time, etc.). If additional money is still needed, turn to the federal government, and institutional and state aid. All of this information may sound overwhelming at first; however, once you sit down and create a plan the process begins to be much more clear.

To assist with the financial aid process and your student’s college planning, Upward Bound invites all junior and senior students and their families to attend Guidance and Grub on Thursday, October 27th from 6:30-7:30pm on the Northwest campus. Please see the invitation attached to this newsletter for more information.

Helping with Career Exploration

Robert Frost (1874-1963) wrote, “Two roads diverged in a wood, and I— I chose the one less traveled by, and that has made all the difference.” Unfortunately, when choosing a career, most young people aren’t exposed to “the road less traveled” and are forced to choose the only one they know. Most often, students make career decisions based on options that have become familiar to them. Such as a career that a family member or a significant role-model is currently doing.

There are more than 20,000 existing occupations, making it very likely that there’s an unknown career out there at which your student could become even more passionate about versus a familiar occupation.

Parents and guardians can play a significant role in helping their student make informed decisions about their future. This begins with encouraging your student to begin early in seeking out ways to explore careers.

Internships and volunteering is an excellent way for your student to get involved in the community as well as to develop an idea of what they are passionate about. They may also find after volunteering and internships that specific fields are not for them. Whatever they gather, allow your student to develop these ideas and help them process.

Fortunately, Upward Bound gives their students an opportunity to apply for Job Shadow and Work Study programs during the summer which allows student to explore different career occupations first hand!

A career is a very important part of one’s life. Deciding this part is also a huge adventure. Encourage your student to become active in exploring careers before college and then continue during college.

Lastly, offer unconditional support as your student wrestles over one of life’s major decisions.

Information gathered from “Helping Your Student Make Informed Career Decisions” By Robert Orndorff
Parents,

Please help us in regards to your student’s attendance at field tutoring. Field tutoring is an important aspect of our program. It allows the students a chance to work on any homework they may have and it also provides a valuable line of communication when we need to contact them.

Below is the field tutoring schedule along with lists of excused and unexcused absences.

<table>
<thead>
<tr>
<th>School</th>
<th>Regular Tutoring</th>
<th>Supplemental Tutoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>King City</td>
<td>Thursday—3pm</td>
<td>TBD</td>
</tr>
<tr>
<td>Maryville</td>
<td>Thursday—3:10pm</td>
<td>Wednesday—3:10pm</td>
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<tr>
<td>Nodaway Holt</td>
<td>TBD</td>
<td>TBD</td>
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<tr>
<td>Northeast Nodaway</td>
<td>Wednesday—3:30pm</td>
<td>Tuesday—3:30pm</td>
</tr>
<tr>
<td>Rock Port</td>
<td>Tuesday—3pm</td>
<td>Wednesday—3pm</td>
</tr>
<tr>
<td>Stanberry</td>
<td>Tues/Thurs—7:30am &amp; Thrs—3pm</td>
<td>TUES/Thurs—7:30am &amp; Thrs—3pm</td>
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<td>Tarkio</td>
<td>Wednesday—7am</td>
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<td>West Nodaway</td>
<td>Tuesday—3:05pm</td>
<td>Tues/Wed—7:30am</td>
</tr>
</tbody>
</table>

Excused absences for school activities include:
- Sports
- Band
- Music
- Academic Bowl and other such activities
- FBLA, FFA, etc.
- Church activities
- Doctor/Dentist

Students will not be excused for the following:
- Work
- Not having a ride
- School punishment (suspension, detention, etc)
- Babysitting (we understand there are some circumstances where this is necessary but it should not cause you to miss tutoring on a weekly basis)

Additionally, we are going to encourage all field tutors to begin using Skype more frequently. Skype is a program that allows us to video-chat with students at their school when they are at field tutoring. Again, this is valuable to us to see the students on a weekly basis and to help them with any problems they may have.

Thank you for your help in supporting us on this!

Kori
Northwest Missouri State Upward Bound Invites You to:

Guidance and Grub Session
Thursday, October 27, 2011
6:30—7:30 pm
3rd floor Administration Building

It is already that time of year! Seniors have submitted applications to the colleges of their choice, NOW WHAT? Financial assistance won’t find you...you need to get out and look for it!

Paying for college can be stressful for both students and their families. Upward Bound would like to invite you to attend our Guidance and Grub session covering the role of both the parents and students in funding post-secondary education on Thursday, October 27th from 6:30—7:30 pm on the 3rd floor of the Administration Building.

During this session you will receive handouts and helpful hints to get you more comfortable with financial aid terms and the process you are about to enter with your college-bound student. Along with financial aid, the FAFSA and scholarship opportunities will be discussed. A representative from Northwest’s Financial Assistance office will also be on hand to answer any questions you may have.

We promise that this is an event you can’t afford to miss! All Senior Upward Bound students and their parent(s)/guardian(s) are encouraged to attend! Juniors and their families are more than welcome to participate as well.

***If you wish to personalize the session, bring your 2010 tax return to complete the FAFSA4caster and sign up for a PIN number.

If you plan on attending this event, please RSVP to the Upward Bound office in one of the following ways so we can be sure to have enough food for everyone:

- Call the Upward Bound office at 660.562.1630 or
- Email Jackie at jackiec@nwmmissouri.edu
Supporters of Upward Bound Students

Northwest Missouri State University
800 University Drive
Administration Building, 352
Maryville, MO 64468

Phone: 660-562-1630
Fax: 660-562-1631

E-mail: upbound@nwmissouri.edu

Important UB Dates: Mark Your Calendars...

Saturday Schedule 2011-2012
October 8
October 29 - UB Parent Day
November 12
December 3
January 14
February 4
February 25 - TRiO Day
March 10
March 31
April 28

ACT Dates
October 22, 2011
December 10, 2011
February 11, 2012
April 14, 2012
June 9, 2012

**Each student can use 2 fee waivers for the ACT. Please have your student include UB on their list for where to send their scores.

The UB code is: 9713

**All sessions begin at 8:30am and end at 12:00pm

UB Summer Session 2012
June 3rd - July 5th

Summer Trip 2012
July 9th-13th